



You Better Believe It!

By Deborah Wassenberg

Introduction:

This lesson teaches children the definition of the word BELIEVE in a way they'll never forget! They'll learn that believing in Jesus means trusting Him with their whole hearts, relying on Him every day, and clinging to Him when life feels wobbly!

Bible Lesson: Thomas Doubts

Bible Reference: John 20:19-29

Visuals You Will Need:

1. The word BELIEVE
2. Child opening a door
3. Child standing on a rock or boulder
4. Child hugging themselves tight
5. The word BELIEVE reshown
6. Jesus appears to the disciples
7. Thomas and the disciples
8. Thomas refuses to believe
9. Thomas touches Jesus' wounds
10. Jesus and Thomas
11. Thomas and a map of India

Words:

1. Do you know the meaning of the word 'Believe'?
It doesn't just mean, 'I think it might be true.'
It's not uncertain, or a question like you hear some people say, 'I believe the new theme park is open?'
In the Bible, the word 'believe' means three things:
Trust In.
Rely On.
Cling To.
2. Everyone, stand up and let's put actions to the words!
For the words, 'Trust in' let's put our hand out and pretend to open a door, and then walk through it.
(Practise)
3. For the words, 'Rely on' let's jump up and down on the spot and pretend we are trying to dislodge a giant boulder, but it's not budging.
(Practise)

4. For the words, 'Cling to' wrap your arms tight around your body and squeeze!
(*Practise*)
5. When you hear the word BELIEVE in our Bible story, you need to jump to your feet, say the words and do the actions...
'Trust in' and do the action of opening the door.
'Rely on' and do the action of jumping up and down.
'Cling to' and do the action of hugging yourself tight.
Let's practise again!
6. Today's Bible story is about a person who did not BELIEVE.
(*Words and actions together!*)
His name was Thomas.
After Jesus had been crucified, the disciples were afraid of the Jewish leaders, and they had locked themselves in a room.
Suddenly, Jesus appeared in the middle of the group.
He greeted them and showed them His hands and His side.
When the disciples saw Jesus, they were very happy!
7. Although Thomas was one of the twelve disciples, he wasn't with the others when Jesus appeared to them.
When Thomas joined the disciples, they told him, 'We have seen Jesus!' But Thomas did not BELIEVE them.
(*Words and actions together!*)
8. Thomas said, 'First, I must see the nail scars in His hands and touch them with my finger.
I must put my hand where the spear went into His side.
I won't BELIEVE unless I do this!'
(*Words and actions together!*)
9. A week later, the disciples were together again.
This time, Thomas was with them.
Jesus came in while the doors were still locked and stood in the middle of the group.
He greeted His disciples and said to Thomas,
'Put your finger here and look at My hands.
Put your hand into My side.
Stop doubting and BELIEVE!'
(*Words and actions together!*)
10. Thomas said, 'You are my Lord and my God!'
Jesus said, 'Thomas, because you have seen Me, now you BELIEVE.
(*Words and actions together!*)
Blessed are the people who did **not** see Me, and yet BELIEVE.'
(*Words and actions together!*)

11. Because of this famous Bible story, you've probably heard Thomas called 'Doubting Thomas'.
But he became a dedicated and faithful Apostle who sailed to India as a missionary and changed that continent for Jesus!

Ministry to the Children:

Jesus said, "Blessed are those who have not seen and yet have believed." He said that special blessing for us, born centuries later, so we don't feel like we have missed out. You can't see the wind, but you feel it. You can't see magnetism, but you see what it does. You can't see a smell, but you know it's real. We believe in lots of things we can't see. Believing in Jesus is like that; we know what He does in our lives. The Bible says, "If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved". (*Romans 10:9-10*) Believe (trust in, rely on, cling to) Jesus in your heart and confess with your mouth (agree with what Jesus says about Himself), and you will be saved today!

Memory Verse: Romans 10:9

...if you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised Him from the dead, you will be saved.

Chant with Actions

Chant:

If you
Confess with your mouth
Jesus is Lord!
And believe...(Trust in
Rely on
Cling to)
In your heart
That God
Raised Him from the dead

You
Will be saved
Romans
10
9

Actions:

Point outwards
Cup both hands around your mouth
Point both hands upwards to Heaven
Open and walk through a door
Jump up and down on the spot
Hug yourself
Make a heart on your chest with two hands
Point upwards again
Bend over, drop hands low, then rise them
Upwards to Heaven
Point outwards again
Heave on a rope to pull a person out of a pit
Hit chest with a fist and then salute (Ave)
Show ten digits
Tuck one thumb into a palm

Game: Pandemonium!

You will Need:

- Blindfold per team
- Key (or other small object)

What to Do:

- Divide the children into several teams and have them stand down one end of your play area.
- At the other end of the area, put one key in front of each team.
- On the word GO, each team is to shout directions to its blindfolded team member as to how to get to the key.
- The team must not leave the end of the area.
- The first child to pick up the key and get back to his or her team members wins a point for the team.

Craft: Eyes of Faith Glasses

You Will Need:

- Glasses template. (You'll find plenty of templates online that are free for personal use, but I'm not able to share them directly on my website.)
- Felt pens
- Glue, sticky tape
- Decorative items
- Heart stickers or cardboard cut-outs to glue to the lenses

What to Do:

- Photocopy the glasses template onto thin card.
- Children cut out the glasses, but don't cut out the lenses!
- Stick the hearts to the lenses of the glasses
- Colour and decorate the glasses
- Add the Memory Verse to the arms of the glasses (optional)